

The Seven Grandfather Teachings

Standing Bear, Wayne William Snellgrove, carried the Seven Grandfather Teachings not simply as ideas, but as a way of walking through the world. They invite us to bring our beliefs, our words, and our actions into relationship with one another.

1. Humility

We are part of creation, not above creation.

Humility reminds us that no one walks alone and no one holds all the answers. We listen to the Elders, the ancestors, the Earth, the waters, the animals, and one another. We remember that every living being carries something worthy of our attention.

2. Love

Love is the medicine that connects all life.

Love asks us to care beyond ourselves. It is expressed in how we treat our families, our communities, the Earth, and those who will come after us. Love is not only something we feel. It is something we choose and practice.

3. Respect

Respect is how we recognize the spirit and dignity within all beings.

Respect lives in our words, our listening, our boundaries, and our actions. It asks us to honor what has been entrusted to us and to leave people, places, and relationships with greater dignity than we found them.

4. Bravery

Bravery is carrying love into the places where fear has been making the decisions.

Bravery does not mean that fear is absent. It means we continue to stand for what is true, protect what is sacred, and take the next right step even when the path is difficult.

5. Honesty

Honesty begins when we stop hiding from ourselves.

Honesty aligns our inner and outer lives. It asks us to speak truthfully, take responsibility for our choices, and become people whose words can be trusted.

6. Wisdom

Wisdom is knowledge placed in service to life.

Wisdom grows through experience, reflection, mistakes, ceremony, and deep listening. It is not measured only by what we know, but by how we use what we know for the benefit of others.

7. Truth

Truth is all seven teachings walking together.

Truth is not simply something we say. It is something we become. It appears when humility, love, respect, bravery, honesty, and wisdom are woven into the way we live.

Standing Bear reminded us that teachings remain alive only when they move through our choices. To honor him is not only to remember his words. It is to continue walking the path he carried.